

# **LIMIT YOUR EXPOSURE TO CARCINOGENS**

**WEAR AN SCBA FROM THE BEGINNING OF THE INCIDENT THROUGH COMPLETION OF OVERHAUL**

**GROSS DECONTAMINATION OF ALL PPE UPON EXITING THE STRUCTURE TO REMOVE SOOT AND PARTICLES, WHEN REPORTING TO REHAB**

**WHILE IN REHAB, USE WET WIPES TO REMOVE SOOT FROM YOUR HEAD, JAW, NECK, FACE, THROAT, UNDERARMS AND HANDS**

**SHOWER THOROUGHLY AFTER A FIRE ONCE YOU RETURN TO THE STATION**

**CHANGE AND WASH YOUR CLOTHES**

**CLEAN PPE, GLOVES, HOOD, AND HELMET IMMEDIATELY AFTER A FIRE**

**LIMIT EXPOSURE TO CONTAMINATED TURNOUTS**

**DECONTAMINATE THE INSIDE OF THE FIRE APPARATUS WITH SOAP AND WATER**

**KEEP ALL FIREFIGHTING GEAR OUT OF THE LIVING QUARTERS IN THE STATION**

**LIMIT YOUR EXPOSURE TO RESIDUAL SMOKE AND DIESEL FUMES**

**USE PROPER PPE WHEN DECONTAMINATING EQUIPMENT**